

- ◆ Cook foods to the proper temperature
- ◆ Keep hot foods hot and cold foods cold
- ◆ Cool and heat foods rapidly and correctly
- ◆ **WASH YOUR HANDS** always and often
- ◆ When in doubt, throw it out!

### Just remember:

When preparing food for large groups, always be organized and plan each step of the cooking and serving process. Large quantities of food carry greater risk of error. Don't hesitate to call your local public health department if you have specific questions related to your event and need some helpful information.

## SERVE FOOD SAFE

For more information and to report foodborne illnesses please call:

DHEC's Division of Food Protection  
(803) 896-0640  
(803) 896-0645 fax

[http://www.scdhec.net/health/envhlth/food\\_protection/](http://www.scdhec.net/health/envhlth/food_protection/)



[www.scdhec.gov](http://www.scdhec.gov)

*Promoting and protecting the health of the public  
and the environment*

ML-025206 11/05

Everyone involved in the preparation, cooking and serving of food plays an important role in helping to prevent a foodborne illness through:

- ◆ Good personal cleanliness
- ◆ Safe preparation and cooking
- ◆ Safe holding of cooked food
- ◆ Prevention of cross-contamination

Poultry  
Cooked Rice  
Meat: Beef, Pork, Lamb  
Baked or Boiled Potatoes  
Fish and Seafood  
Cooked Beans  
Shell Eggs  
Milk and Milk Products

A foodborne illness is a disease carried to people through food. You can't see, taste or smell the bacteria that cause foodborne illness. Certain foods are more likely to cause foodborne illness, such as foods that are moist, high in protein or slightly acidic. These foods are called "potentially hazardous foods". Some examples of potentially hazardous foods are:

# FOOD SAFETY

## FOR FUNDRAISERS AND LARGE GROUPS

avoiding foodborne illness

Preparation

Cooking

Storing



# PREPARING TO COOK

After purchasing, refrigerate, freeze or ice foods that are perishable and potentially hazardous if left out at room temperature. Foods under refrigeration should be 45 degrees Fahrenheit or less. If refrigerated foods exceed 45 degrees Fahrenheit, you may introduce your food to harmful bacteria.

**Cross Contamination:** To avoid cross-contamination, place raw meat and poultry packages into containers so meat juices and blood don’t drip onto other foods. Place the containers on the bottom shelf of the refrigerator.

## THAWING:

Food cannot be safely thawed at room temperature because food thaws unevenly - especially large food products such as turkey and ham.

### Safe ways to thaw:

- Thaw food in the refrigerator. This may take up to three days.
- Thaw food under cold running water.
- Thaw in a microwave if the food will be cooked promptly.

## Safe Preperation - Before Cooking:

**WASH YOUR HANDS:** Wash your hands thoroughly with soap and warm water, and wash your hands often. Use paper towels to dry your hands. Never use common towels. Hand sanitizers should not be used in place of hand washing.

### Wash hands:

- Before preparing food
- After touching raw food
- After using the bathroom
- After smoking or blowing your nose
- After taking out the garbage or any cleaning activities

**Cuts and burns:** Bandage and then cover any cuts or open wounds on your hands or wrists with gloves.

**Fingernails:** Should always be neat, trim and clean in food service handling.

# COOKING FOOD SAFELY

## SAFE COOKING TEMPERATURES

	Minimum Temperature
Poultry, stuffing, stuffed meats, meat stuffing <small>(Continuous cooking)</small>	165° F
Ground beef /food containing ground beef	155° F
Roast beef and beef steak	155° F
Pork, any food containing pork	155° F
Game animals - Deer	155° F
Eggs, food containing eggs <small>(including liquid, frozen or dried eggs)</small>	145° F
Fish	145° F

**Cooking foods** to their proper (“safe”) temperature will reduce most harmful bacteria. Use a metal stem food thermometer to take internal temperatures (insert thermometer into the center of the product). Do not leave the thermometer inside the food while it is cooking. Check temperatures at the end of the cooking process.

## SAFE HOT AND COLD HOLDING OF FOOD

After cooking, keep hot foods at a temperature of 130 degrees Fahrenheit or above until served. Ready to eat foods, such as potato salad, deli meats, or other foods you serve cold, should be held at 45 degrees Fahrenheit until served.

**TIP:** Avoid bare hand contact with ready-to-eat foods.  
Use utensils whenever possible

**RECOMENDATION:** Foods placed on display for groups should be discarded after the event.

# SANITIZING THE WORK AREA

In addition to cleaning your equipment and work surfaces, sanitizing is an extra step you need to take to ensure harmful bacteria is also removed.

## HOW TO SANITIZE:

After washing equipment and utensils thoroughly with a hot detergent solution, rinse them free of detergent and/or abrasives with clean water. Now you are ready to *sanitize*.

To sanitize items, soak them in a solution of 1 teaspoon of household bleach (5.7 percent available chlorine) per gallon of water.

**Remember:** Repeat this process anytime equipment and utensils are contaminated with raw meat juices and blood, for example, between preparing raw chicken, beef, pork and fish and before using them for any other food preparation.

# STORING FOOD SAFELY

Let’s say you want to cook food a day or two before the event and refrigerate it until you reheat the food for service.  
*A few things you should know...*

## COOLING FOODS

- Cool foods faster (ie. soups, stews, chili, hash, bogs, large turkeys/hams) in shallow containers with food no deeper than 2 - 4 inches.
- Cut large turkeys, hams and beef roast into smaller sections in order for them to cool properly.

### Avoid...

- Stacking hot food containers on top of one another in the refrigerator.
- Plastic or Styrofoam containers that will insulate the food product and prevent rapid cooling. (Metal containers are best)

## Other Options

If you do not have the refrigerated space to store food in several small containers and need to store food in larger containers, you have several options:

You can place containers of hot food into tubs of ice and stir regularly. (This method is fairly labor intensive and most suited for commercial kitchens.) Or you can fill clean plastic containers with water and freeze. Place the frozen container into the center of the hot food, and stir the product. As the frozen container thaws, replace it with a fresh one.

## REHEATING FOODS

Reheat potentially hazardous foods quickly. Reheat the foods you cooked and cooled ahead of time to at least 165 degrees Fahrenheit or above, and use a stove or oven for the process. Avoid steam units or Crockpots - they tend to take too long. Foods should rapidly reheat within one to two hours.

You can then turn the heat down and hold the food at 130 degrees Fahrenheit or place the reheated food in the Crockpot or steam unit and hold the food at 130 degrees Fahrenheit.